# Being Whole

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# Divided parts

- Emotional healing is about becoming whole.

- Each of us is a whole person.  However, when we shut down, we begin to fragment our being.  We risk losing touch with our sense of who we are.

- Self-fragmentation is a way of thinking about ourselves as if the whole person who we are could be separated into acceptable and unacceptable parts.

- When we lack self-acceptance and become our own adversary, we stand apart from ourselves.

# Multiplicity of Mind
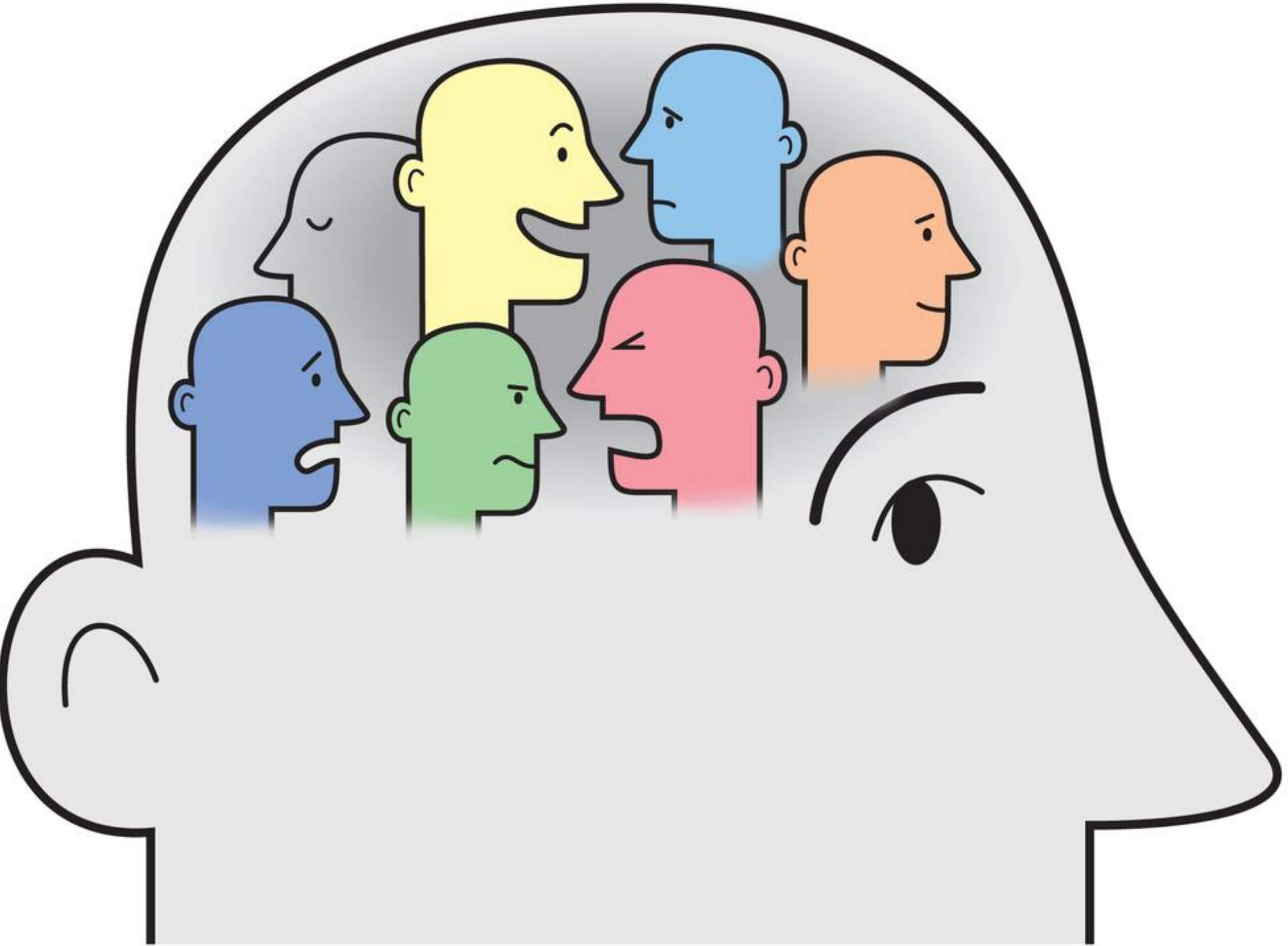
- Viewing individuals as a system of interacting parts/sub-personalities/ego states.

- Understand how our all our different parts interact and feel about each other.

- Parts of the system can work together or against each other

- Working it out – remember all parts are good. Allow them to be heard.

# Ego States

**PARENT EGO STATE**
Behaviours, thoughts and feelings copied from parents or parent figures

**ADULT EGO STATE**
Behaviours, thoughts and feelings which are direct responses to the here and now

**CHILD EGO STATE**
Behaviours, thoughts and feelings replayed from childhood

| Effective ego states (blue) | Ineffective ego states (red) |
|---|---|
| NP – Nurturing Parent | CP – Critical Parent |
| A – Adult | CC – Compliant child |
| NC – Natural child | RC – Rebellious Child |

*'Stay blue and people will respond to you.  Turn red and it's better not said'*

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# Inner Conflicts

The difference between conflicts and problems (or challenges)

- Problems are visible (behavioural, situational, social), inner conflicts are invisible.
- For example, a problem with a bullying boss can create an inner conflict between the need for financial security and your dignity. This is a conflict between two aspects of yourself that is triggered by an external situation.
- Conflicts are not always triggered externally (e.g., a promise to yourself that you may even forgotten can still create conflict if broken.

# Inner Conflict

Push    ⟵————————————⟶    Pull

Vulnerable side    ⟵————————————⟶    Strong side

Alienation as a form of self-protection    ⟵————————————⟶    Longing to connect to others

...    ⟵————————————⟶    ...

## What is your inner conflict?

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# Transforming inner conflicts

*strengthen* the healthy adult mode which may be a bit underdeveloped

*'reparenting'* may be very helpful in working with healthy adult, self-attacking, avoidant and both child modes

*confront* the internalised self-attacking mode which may not have anything helpful to offer

healthy adult

self critic

avoidant mode
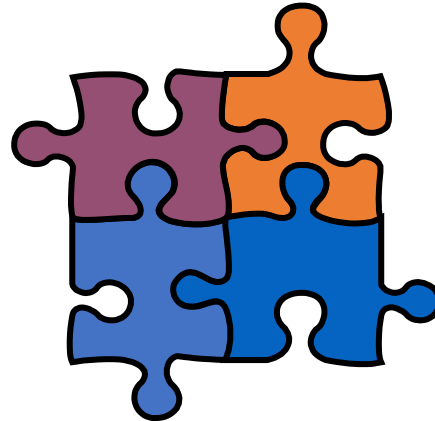
*constructive assertiveness* can be helped to evolve from the child's understandable anger

*reduce* the need for the avoidant mode which may try to ease or stop inner pain using physical and psychological withdrawal

*healing* the pain, hopelessness and fear of the despairing child is some of the deepest work needed

angry child

despairing child

# To be whole

- Unresolved inner conflicts make us vulnerable and can lead to psychological problems.

- According to psychologist Erickson, without a coherent identity individuals are unable to function.

- Harmonisation is the process of integrating various aspects of oneself and is achieved by resolving inner conflicts.

Do not kid yourself, a conflict is never about the surface issue. It's about ones unsaid, untreated, and unhealed wounds.

The Strange Case of
*Dr Jekyll* and **Mr Hyde**

**Robert Louis Stevenson**
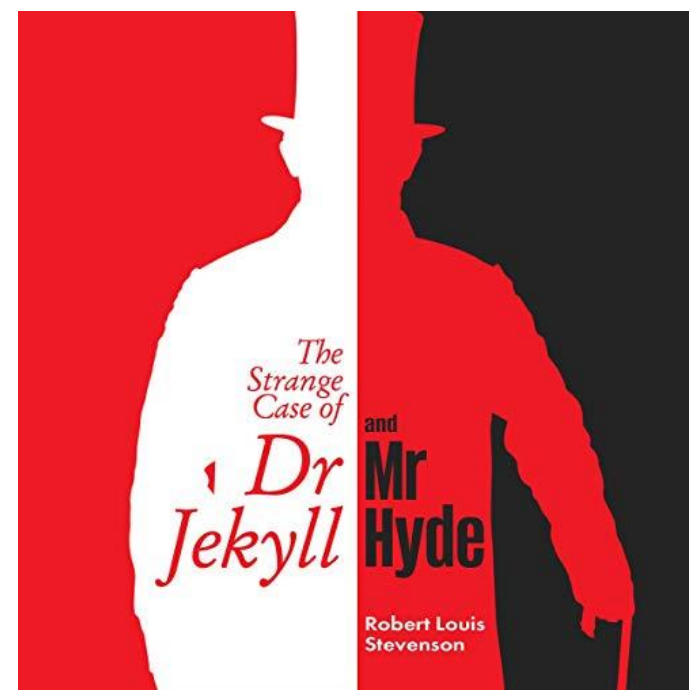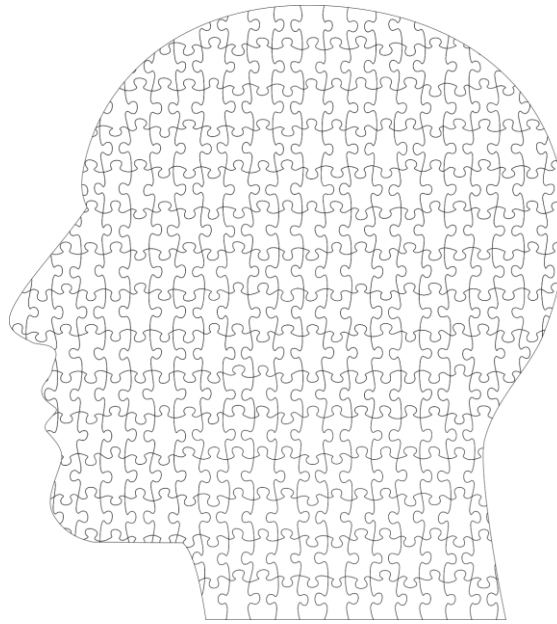
**yin yang**
The ancient symbol of harmony reminds us that life is a balancing act and most fulfilling when we learn to embrace its dualities:
the ups & downs
good times & bad
joys & challenges

THE MAKING OF YOU

The universe had to fall apart into dust first
to become it's majestic, incredible, infinite self.
What makes you think this breaking,
this trauma, this destruction,
won't be the making
of a more powerful you too?

_____

*Nikita Gill*

Your worst battle is between what you know and what you feel.

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